

FREE

vita

the breast cancer magazine

Issue 15 Spring 2013



LET'S GET PHYSICAL

How to start exercising after
treatment for breast cancer

OVERCOMING *anxiety*

How to stop fear

from taking over your life

Breast reconstruction DISCUSSED

Readers share their personal reasons for
deciding whether or not to have a reconstruction

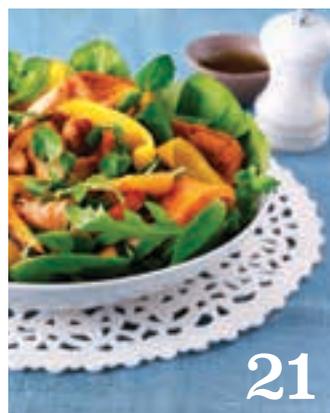
REAL-LIFE COVER STAR

'I want to make
EVERY
DAY COUNT'

Frances Dean on life after
being diagnosed with
secondary breast cancer



spring contents



Welcome to Vita

Now that Spring is here and the better weather is on its way, it's the perfect time to kickstart a new exercise routine or return to an activity that you may have put on hold during treatment. If you're looking for some tips on exercising safely after breast cancer have a read of our article 'Let's get physical' on page 12. If you've ever thought about giving Pilates a try, one reader shares her experience of this on page 13.

Warmer weather means lighter clothes, but if treatment for breast cancer has caused changes to your body shape, it can be difficult to know what to wear. Jane Buckley has some tips on choosing T-shirts that are both stylish and flattering on page 6.

As well as this you'll find the usual mix of real-life stories, healthy recipes and news on the latest happenings at Breast Cancer Care. As ever I welcome your thoughts on this issue so, whether you like it or you don't, drop me a line and tell me what you think. Our contact details are on the opposite page.

I hope you enjoy this issue, which has been kindly supported by our friends at Asda.

Laura

Laura Fountain
Editor

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Vita is kindly supported by **ASDA**



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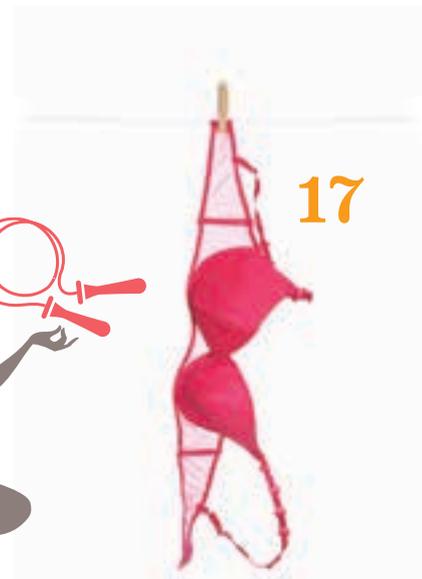
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inbox

**Don't forget to visit Vita online...
www.vita.org.uk**

This issue's star letter wins a £50 voucher from our friends at Asda.



Dear Vita

A letter in issue 14 suggested a waist pack as a rucksack alternative post op and for lymphoedema. It's a shame there isn't a one-stop shop for all the products that make life a bit easier for us post treatment, and save us all doing our own research!

Healthy Back Bags make casual, smart and rucksack-like bags that are worn either over one shoulder or across the body; they can hold more, and may be better than a waist pack if you have some truncal oedema. Another useful product is Biona's 'Rose' gardening gloves, which are elbow length; I've also used their very flexible golf gloves for playing with my lively Jack Russell puppy. Finally, Seasalt makes smart long sleeved T-shirts year round, which cover lymphoedema sleeves, and their scoop necks are just high enough to cover mastectomy bras and a port scar. I haven't solved the evening dress problem yet. Any ideas?

Rowena



Dear Vita

I have been reading copies of Vita I was given at the hospital and enjoyed the stories so much I just wanted to drop you a line. I had a lot of change in my life in the couple of years prior to my diagnosis. My husband had left following an affair, and I was left to pay all the bills and mortgage and to sell the home I had loved and worked so hard for. My real reason for writing is because I wanted readers to know that positive things do come out of adversity. I have had a lot of setbacks and for a time all the news for me was negative. I feel that my diagnosis has given me time to take stock of my lifestyle and I have learnt a lot about myself. Cancer has made me more grateful for the things I have and helped me put into perspective the things I lost. When I go to bed at night I try to remember three good things that happened that day, a friend taught me that. It might sound silly but it helps me cope and I hope in sharing how I feel it may help your readers too.

Lesley, Liverpool
[This letter has been abridged]

Dear Vita

I was diagnosed with breast cancer in January 2011 and had chemotherapy, followed by mastectomy and breast reconstruction in July 2011, with Herceptin for 12 months from April 2011. I returned to work in January and phased back to full time over 12 weeks, while I was still on Herceptin. The phased return was vital for me. I was in a quite stressful job and at 36 the disease really knocked me sideways. I found a lack of support among my close colleagues, but relied heavily on occupational health. I'm still able to use this facility. It was frustrating that my company seemed ill equipped, and I had to be strong to get some reasonable adjustments. I kept hearing about the business need, and it's hard to not be emotional when it feels like your boss has just pushed you aside because of illness, especially when I work for a company who manufactures one of the drugs I took. I have been working full time for about nine months now. I still find it hard sometimes and worry I'll be considered less capable as I try to not work long hours anymore as I get tired, sometimes lymphoedema and other side effects. But I am forever pleased I was able to return and restore some normality after such a long absence.

Sue



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 Tweet @Vita_mag
 Email vita@breastcancercare.org.uk
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The search **IS ON**

A new website has launched where you can find and compare NHS cancer services across England. You can search for information by postcode, hospital or cancer type. For each service there are detailed reports that explain the quality of the service provided by the hospital or cancer service. Visit www.mycancertreatment.nhs.uk



Are older breast cancer patients being denied quality care?

An inquiry by the All Party Parliamentary Group (APPG) on Breast Cancer (a cross-party group of MPs and peers) is currently underway on how older people affected by breast cancer can access the services, treatments and care that will benefit them most.

Public evidence sessions are being held throughout April where the panel will hear directly from Health Minister Anna Soubry; healthcare and social care professionals; cancer care commissioners; the Department of Health; academic researchers; breast cancer charities and other voluntary organisations.

Steve Brine MP, Chair of the Inquiry Panel, said: 'We are concerned that older breast cancer patients could be denied access to the full treatment and support options that are available purely as a result of their age. This Inquiry will obtain a clear picture on what barriers are preventing the best care and how we can eradicate them.'

If you would like to find out more visit www.breakthrough.org.uk/appgbreastcancer

News & VIEWS

Four women in a boat

A team of four women called The Coxless Rowers are attempting to row the Pacific Ocean to raise money for Breast Cancer Care. The team hopes to complete the South Pacific Route, which takes them from the west coast of America to Australia. Follow their progress <http://coxlessrowers.com/>



The Tickled Pink Campaign

by Asda has raised over £30 million to date for Breast Cancer Care and Breast Cancer Campaign.

Thank you Asda!

Just GRAND

Breast Cancer Care has been awarded £50,000 from The Freemasons' Grand Charity, to help fund its services supporting people living with secondary breast cancer.

Breast cancer on the agenda

Samia al Qadhi, Chief Executive of Breast Cancer Care (second right), met the Prime Minister to talk about the issues facing older breast cancer patients (see opposite) and the experiences of people living with secondary breast cancer. Samia visited Downing Street with representatives from Breast Cancer

Campaign and Breakthrough Breast Cancer and the Officers of the All Party Parliamentary Group (APPG) on Breast Cancer: Steve Brine MP, Annette Brooke MP and Sharon Hodgson MP. Samia said the Prime Minister was very interested in and supportive of the work discussed.



WIN the chance for your cake to feature in

DELICIOUS. MAGAZINE!

We're excited to announce that *delicious.* will be celebrating this year's Strawberry Tea campaign by giving you the chance to feature your cake and recipe in the magazine!

This special cake competition will include a bake-off in London where three finalists will put their baking skills to the test. Their cakes will be judged by celebrity foodies including TV chef Peter Sidwell and Breast Cancer Care Ambassador Meera Syal.

Pick up the May issue of *delicious.* (on sale 2 April) or go to breastcancercare.org.uk/strawberry to find out more.



delicious.
MAGAZINE

T time

Gone are the days when T-shirts were a plain, cotton, shapeless comfort item. T-shirts are now a key fashion article, keeping in step with the latest fashion trends in terms of prints, materials and colour.

1 T-shirts are a great layering item for those chilly, early Spring days. But, if you have a particularly pretty T-shirt, don't hide it away under a bulky cardigan – layer it over a fitted long-sleeved top in a contrasting colour.

Be bold with eye-catching colours and prints



The humble T-shirt is a true wardrobe staple. On the catwalks for Spring/Summer 2013 the main trends showcased were: bold prints including florals; pastel shades and panels of lace or laser cut outs.

Putting fashion aside, people who've had breast surgery might be looking for a T-shirt that is soft and comfortable to wear with a slightly higher neckline and perhaps a distracting print or eye-drawing detail. Luckily for us, this is what retailers are delivering this Spring.



La Redoute Guava Pink Short Sleeved T-Shirt – £35
Mary Portas at House of Fraser – £65

2 If you do want to add layers on top, try a blazer or embellished jacket to add style and definition. Blazers and jackets are available in a range of fabrics, including soft jersey, and you can even find structured lapel-style cardigans.



3 If you prefer to look less casual, add accessories such as a statement necklace, drop earrings or a belt with a feature buckle.



Layer up your T-shirts or add a jacket for a smarter look



4 For a body-balanced look, the general rule is that for a fitted T-shirt, wear a looser styled skirt or jean and for looser styled T-shirts, wear a skinnier jean or chino.

Accessorise your look with statement jewellery



Tu at Sainsbury's Pinstripe Tipped Blazer – £28
Martine Webster, London Necklace – £87
What's About Town Pastel Bead Layered Necklace – £17.95



5 It sounds obvious but make sure you wear the right size for you. Our bodies change after treatment as a result of both the medication and surgery, including reconstruction. In order to flatter, a T-shirt should fit neatly over the breasts but fall more loosely from the bust so that it doesn't hug the waistline too snugly.



6 Choose a neckline that suits your body shape. Boat neck T-shirts are great for broadening the shoulders and narrowing the hips and a scoop neck T-shirt can balance a pear-shape and enhance a smaller bust. A V-neck T-shirt will suit an apple shape and elongate the body.

Pied a Terre Graphic Print T-Shirt – £65;
Grey T-Shirt from Very – (no price as yet);
M&Co Multi Floral Hotfix – £20

'I want to make every day **Count**'

Ten years after she was first diagnosed with breast cancer, Frances Dean felt her life was back on track. But when she found a new lump in the same breast, she knew something wasn't right.

I was 34 when I first found a lump in my breast in 1999. My doctor told me not to worry about it and to come back if anything changed. It did, so I went back, had a biopsy and was diagnosed with breast cancer.

It was a massive shock. At the time, my twin boys were only a year old, so my diagnosis came when I was enjoying being a new mum.

I had a lumpectomy, followed by chemotherapy. It was exhausting trying to deal with the effects of chemo while working part time and looking after my two small boys. But work and the twins' nursery were very supportive, and I battled my way through it all.

The search for information

After chemotherapy, I had radiotherapy and was prescribed tamoxifen, which I took for five years.

I was anxious about what would happen when I finished taking the drugs, so I started looking for information online and came across Breast Cancer Care. As well as finding information on their website, I also used the Helpline, Ask the Nurse email service, and I spoke to a One-to-One Support volunteer.

Gradually, I felt I was getting back to some kind of 'normality' and life moved on. After five years, I thought I was finally over my breast cancer.

But in 2009, while I was lying on a sun bed on holiday, I felt a lump in the same breast.

As soon as I got home, I went to get it checked out. I had an ultrasound scan and was told I had local recurrence, which is when breast cancer returns in the same area of the breast, and would need a mastectomy. In the meantime, I had another scan to make sure it hadn't spread anywhere else.

I bought new pyjamas, convinced I was going into hospital to have more surgery. But the scan



confirmed the cancer had spread to my lungs.

I didn't know anything about secondary breast cancer. The doctors used words like 'inoperable' and said there was no cure. I left the hospital feeling I hadn't taken anything in. This time, I turned straight to Breast Cancer Care. They guided me through what the new diagnosis meant, and reassured me that while secondary breast cancer couldn't be cured, it could be managed and treated.

Living life to the full

Since my secondary diagnosis, I've been trying to make every day count. As well as going on some fantastic family holidays and trying new things like learning to ice skate, I've also taken part in some wonderful events.

2012 was a really special year. I was a model in Breast Cancer Care's fashion show, spoke at the House of Commons and appeared live on the QVC shopping channel.

In December, I stood in front of an audience and spoke about my experiences at Breast Cancer Care's Carols by Candlelight service. It was pretty nerve-racking. But it was also a beautiful end to an exceptional year.

'I bought new pyjamas, convinced I was going into hospital to have more surgery.'



Breast Cancer Care has a range of services available to help support people with secondary breast cancer. For more information call the Helpline free on 0808 800 6000.

Doing mum proud

Lucy Biggins tells us how her mum's diagnosis of breast cancer brought them closer to each other and why it has prompted her to help other women like her mum.

I was 18 when my mum was diagnosed with breast cancer. I was living away at college studying for an art foundation course. I remember the day she came to tell me that she had been diagnosed. She had told me she was coming to visit me with my sister and we would go for lunch. I hadn't expected this.

Shocking news

I was in a state of shock at my mum's news. I didn't want her to know that it was affecting me though because I didn't want her to worry about me, so I didn't show it until she'd gone. Then afterwards I spoke to my best friend and told her everything.

I looked at a lot of websites and tried to gather as much information as I could about breast cancer and its treatment, so I would know what to expect and help support her.

My mum didn't want to give up the role of her caring for me, but when you've been diagnosed with a serious illness, sometimes you have to submit and let other people look after you.



'I was in a state of shock at my mum's news. I didn't want her to know it was affecting me though.'

Honesty's the best policy

My advice to anyone worrying about how to tell their children about their diagnosis or how they're feeling is to just be honest and be open about it. My mum and I became a lot closer during her treatment. She told me how she felt about it all.

I did a project for my art foundation on my mum's breast cancer. I took photos of her throughout her treatment and this helped make us closer and helped me understand how she was feeling. I got a distinction for the project too, which I'm really proud of.

Helping others

My mum is now two years on from her diagnosis and for the past few months I've worked as an intern at Breast Cancer Care. My mum had used the charity's services: she went to a HeadStrong session, which she found helpful, learning

how to tie headscarves in different ways. I wanted to give something back for all the support she had.

I've been working on Breast Cancer Care's Mothers' Day bucket collection. I have been recruiting people and I'll be doing a bucket collection myself. My mum thinks it's great that I'm working to help raise money for people affected by breast cancer.



If you're struggling to find the words to talk to your child Breast Cancer Care's free booklet **Talking with your children about breast cancer** can help. Call the Helpline for a copy.

Walk this *way*

Gaynor Sinton was diagnosed with breast cancer in 2005. She found walking a great help during her treatment and has carried on clocking up the miles ever since.

I have always done a little bit of walking but I got more into it during chemotherapy. It was something I did when I was well enough. For me walking out in the open air is physically and mentally stimulating.

I had breast cancer but didn't really feel ill until I had chemotherapy. Walking during treatment helped keep my weight down and it gave me a focus. I live in the country and had my treatment at home so I felt quite isolated at times. But walking allowed me to get out of the house and look at the scenery and helped me feel better.

You just have to try and do a short walk to start with and gradually build up from there. You can do it with a friend or you can do it by yourself whenever you feel like it. It's fun to walk with friends as you encourage each other but I also like to walk on my own as it gives me time to reflect, daydream and unwind.

After walking regularly for a while I thought: 'I can do something with this now, I might try a fundraising walk'. So I signed up to do Trek Cuba, which involved walking every day for most of the day for five days. It was a big challenge as I'd never done that sort of thing before. I completed it and realised how important it is to prepare for a trek or walk. The training beforehand made all the difference and as a result,

I thoroughly enjoyed the experience.

Next I took on Ben Nevis with Breast Cancer Care and did the 20-mile Pink Ribbonwalk at Blenheim Palace in 2008.

In September 2010 I took part in Trek Peru with five other women who had breast cancer and five women celebrities. This was a huge challenge as we walked for four days at high altitude.

Then a fellow fundraiser in Cardiff, Sue Youngman, asked if I'd like to take part in her team in 2012 doing a 10-mile Pink Ribbonwalk. I said yes immediately.

There were eight of us planning to walk and Sue knew it was the perfect occasion to show off the giant pink bra: Barbra!

It was such a fun day, and the camaraderie of the participants as we walked around the route was just fantastic. The 10 miles went by so

quickly as we were all busy chatting. Seven out of eight of the women on Team 'Barbra' had had breast cancer and we raised £3,740 from the day.

Our motto is: 'To walk side by side, to raise money for the women by our side' and we all do joint fundraising and training to help build team spirit. We'll be walking again this year at the Blenheim Palace Pink Ribbonwalk and our target for 2013 is to raise £2,600 to highlight the number of women in Wales diagnosed with breast cancer each year.

'Walking during treatment helped keep my weight down and it gave me a focus.'



Join a Pink Ribbonwalk at Blenheim Palace, Scone Palace, Petworth House, Leeds Castle or Marble Hill Park this summer. For more information visit www.pinkribbonwalk.co.uk

You've got mail

Being diagnosed with breast cancer as a younger woman made Karen feel isolated. Now she's helping ensure women in her position don't feel the same way.



I was 32, happily married with two small children aged two and five – my life seemed perfect. But a diagnosis of breast cancer sent it into complete turmoil overnight.

When I was diagnosed, because it was at such a young age, I felt really isolated. Although people could tell me about people they knew who had breast cancer and were fine now, they were all much older than me. I kept thinking: 'Where are all the younger women?' And it made me think that if you had breast cancer at a younger age you just died.

An uncertain future

I was so afraid that I wouldn't live long enough to see my children grow up. I had a goal to live long enough to see my daughter start school as I felt it would be easier for my husband to cope once both children were at school. The day my daughter started school was extremely emotional for me, and so was the day she finished primary school – a day, I never thought I'd see.

When I was diagnosed in 1997 I didn't

know about Breast Cancer Care. Then I read an article in *Woman&Home* magazine about a woman who had had breast cancer and some years later had become a One-to-One Support volunteer. This was something

'I would definitely have benefitted from speaking to a volunteer when I was diagnosed with breast cancer.'

that appealed to me as a way to help younger women, other women like me. I would definitely have benefitted from speaking to a One-to-One Support volunteer when I was diagnosed with breast cancer, but I didn't know that it was available.

Life without limits

I'm now 15 years on from my diagnosis. It's the first thing my One-to-One Support clients ask when I speak to them – 'how long ago was your diagnosis?' When I tell them it was 15 years ago, it reassures them that there is life after breast cancer because at the time they can't see past their diagnosis and treatment.

Now we offer One-to-One Support by email too. It's an opportunity for people who might not be comfortable talking on the phone to benefit from being in touch with someone who knows how they feel. They can write their feelings and any questions down in an email whenever they need to – even in the middle of the night – and send it off.

It can be very emotional being a One-to-One Support volunteer when you're talking to someone who is having a hard time, but it's also very rewarding to know that my experience has been able to help and reassure the many women I've supported.

'It can be very emotional being a One-to-One Support volunteer.'



Find out more about the email One-to-One Support service and read volunteer profiles at www.breastcancercare.org.uk/email-peer-support



‘The sooner you start, the more likely you are to keep it up and see the long-term benefits.’

tins or water bottles – are all good for muscle strengthening,’ says Anna.

And some exercises to improve your flexibility and balance will help you improve your range of movement after treatment. This could be some simple stretching exercises or an activity like yoga. Breast Cancer Care has a leaflet of arm and shoulder exercises for people who have had breast surgery.

Long-term health

Anna stresses that staying as active as you can during and after your treatment can have a really positive effect on your long-term health.

‘In a study, we found that women who exercised during their treatment were not only still doing the recommended amount of activity five years later, but were also more active in their daily life, felt more positive and were less prone to depression than those who didn’t exercise.

So the sooner you start, the more likely you are to keep it up and see the long-term benefits.’



build up gradually, and remember that a little bit is better than nothing.’

Once treatment is over, there’s nothing to stop you getting back to the activities or sports you enjoyed before, or from starting a new activity.

If you’re completely new to exercise, Anna recommends picking an activity you enjoy,

building up the amount you do gradually and setting yourself small, achievable goals. You could ask your breast care nurse or GP if there are any exercise classes or facilities in your area.

Strength and flexibility

As well as activities like brisk walking, you should also do some activities that help strengthen your muscles. ‘Sitting to standing, squats, press-ups against the wall or using light weights – you can use

Vita does... pilates



Tracey Corcoran talks about how Pilates has helped her recover after breast cancer surgery.

I discovered the benefits of Pilates after having my children, when my weakened pelvic ligaments left me in constant pain. I qualified as a teacher of Pilates a couple of years later, following encouragement by my mentor and top UK Pilates teacher Julia Atherton. She invited me to join her team at The Physio & Pilates Centre in Wilmslow, Cheshire.

Following my discovery of a change in my breast tissue, I was diagnosed with breast cancer in July 2007. I had a radical mastectomy and sentinel node biopsy, followed by a further operation to remove my remaining lymph nodes.

After surgery I immediately incorporated Pilates exercises into my rehabilitation, as they include everything from gentle stretching to deep shoulder stabilisation work and I am delighted that I quickly regained a full range of movement on my affected side.

These exercises also stood me in good stead when I underwent a further, risk-reducing mastectomy, with reconstruction in 2010/2011 and again my recovery was excellent.

On my return to teaching I was keen to use Pilates to help others who had been through a similar experience, so I am happy to report that I now include among my regular clients several women who have undergone breast cancer surgery and who are now managing their recoveries with the help of Pilates.

For information on Tracey’s studio visit www.physiopilates.co.uk or www.ipilates.co.uk To find a Pilates instructor in your area visit www.pilatesfoundation.com



For a copy of Breast Cancer Care’s leaflet on exercises after breast cancer surgery, call the Helpline on 0808 800 6000.

Overcoming ANXIETY



Feeling anxious after being diagnosed with a life-threatening illness like breast cancer is very common. But some people find these feelings of anxiety overwhelming. Psychotherapist Nathalie Asmall has some practical tips to help.



Many people struggle with anxiety after being diagnosed with breast cancer. Some level of anxiety is completely normal under these circumstances, especially as you may have been through several treatments, which can be very stressful. However, when you find that anxious thoughts are increasingly taking over, stopping you focusing on the rest of your life, or affecting your relationships with those closest to you, then it may be useful to take steps to help.

If this is happening to you, the first thing to do is to stop blaming yourself. Many people feel frustrated they can't stop their anxious thoughts. Family and friends often make this worse by telling us to be positive, which makes us feel more of a failure for being anxious and worried.

On high alert

It's important to understand that your mind is doing exactly what it was designed to do: you have been through a traumatic and stressful experience, which tends to make your body constantly alert. The body doesn't know the difference between being attacked by a lion

or having surgery. It just knows it's been hurt, so it will tend to look out for further threats. This makes perfect sense when we've been attacked by a lion: we want to keep a constant look-out for any sign of the lion returning, so we can run away or fight it off. In a way, when your mind is continuing to spiral into anxious thoughts, it's attempting to do the same thing. Unfortunately, this isn't helpful, because cancer is not a threat we can run away from. Also, our body cannot tell the difference between what we imagine and what is real, so when you continue to worry about the cancer coming back, needing further treatment, and so on, your

'The body doesn't know the difference between being attacked by a lion or having surgery. It just knows it's been hurt, so it will tend to look out for further threats.'

‘The secret to breaking out of this cycle is to try different strategies and find the ones that work for you.’

body will produce the same kinds of stress hormones as if this were really happening. These stress hormones, in turn, will cause your mind to be more anxious, and this results in a vicious cycle that can be difficult to break out of.

The secret to breaking out of this cycle is to try different strategies and find the ones that work for you. We’re all different, and while some people love relaxation techniques which get them to visualise themselves lying on a beach, others cannot visualise at all, and get extremely tense when asked to do so. Here are a few simple things you can try.

1. Deep breathing. Lie down or sit comfortably with both feet on the floor. Breathe in to the count of 7, out to the count of 11. Focus your attention on breathing deeply into your belly. Feel where the breath is going in your body and notice the sensation of breathing out again.
2. Listen to a relaxation CD or a recording of natural sounds, such as birdsong or ocean waves.
3. Do your favourite activity, for example, brisk walking, yoga or Tai Chi.
4. Try a complementary therapy, such as massage, reflexology or reiki.

Worrying times

If you find that anxious thoughts have become a constant companion, you may need to use a more structured approach to find a better balance. Try setting aside a ‘worry time’ every day. Ideally this should happen at the same time and preferably not just before going to bed. During your daily ‘worry time’, you will write down all the things you’re most anxious about. When your worry time is up (this could be anything between 10 and 30 minutes, experiment with what feels right for you), put your notebook away, preferably in a drawer. As you close the drawer, say to yourself: ‘I’m finished with all my worries for today, but I will come back to this the same time tomorrow.’ Anytime you find yourself thinking anxious thoughts again, tell yourself: ‘This is not the right time for worries. I will come back to that during tomorrow’s worry time.’

Effectively you’re training your mind away from constant anxious thoughts. If you’re going to try this, make sure you stick to the ritual of daily worry time,

otherwise it won’t work. You’ll probably find that initially this feels like hard work, but over time it becomes much easier. This is because thoughts travel down neural pathways (connections between one part of the nervous system with another) that have become well worn. As you continue to redirect your thoughts, new neural pathways are created, and eventually these become the automatic responses, not the anxious ones.

Help is at hand

Generally, if you’re trying to distract yourself from anxious thoughts, it helps to have something else to focus on, like a holiday, a hobby or a cause close to your heart.

If these simple tips and techniques don’t work for you, ask for further help. Your GP or breast care nurse will be aware of what’s available in your area, which can include counselling, relaxation and stress management courses, or training in mindfulness and meditation.



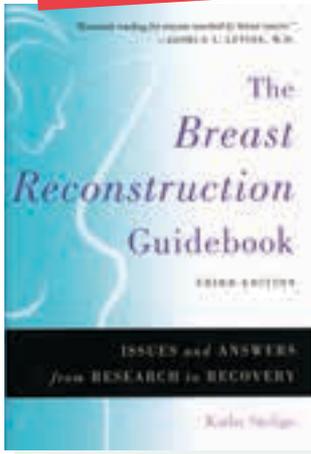
To find out about Breast Cancer Care’s specialist services for people with breast cancer in your area, call 0845 077 1893. Or to speak to someone about the issues you are facing, call the Breast Cancer Care Helpline free on 0808 800 6000.

NEW

reviews

The latest books, blogs and apps on breast cancer

REVIEW



The Breast Reconstruction Guidebook third edition: Issues and answers from research to recovery by Kathy Steligo (£10.50, paperback, The Johns Hopkins University Press)

This is an informative US book looking at the emotional and physical aspects

Being an US book, some of the terminology used – such as previvors (a gene carrier who hasn't had breast cancer) and phrases such as 'fixes with fat' as a heading to describe lipomodeling – are not terms we would use in the UK. In addition to the terminology, some of the case studies highlighted may show that US medical care is delivered slightly differently than in the UK.

of having breast reconstruction as a risk-reducing treatment and following a diagnosis of breast cancer.

There is up-to-date information on every type of reconstruction and follow-on care, such as nipple tattooing. Each section includes comments from an expert (a doctor) and a personal reflection from someone who had that particular procedure. There's an interesting checklist to aid your breast reconstruction decision-making options (page 210).

Chapter eight is about payment which may be interesting to those who are being cared for privately.

Overall, I found this an interesting book. I felt it was wordy in parts, but you can easily dip in and out of it.

**Review by Jackie Harris
Clinical Nurse Specialist
Family History and
Breast Health**



Lymphoedema Breast Cancer App By Kelly Foote (£1.49, iTunes App Store)

This new app is available at a reasonable price specifically for those who have been treated for breast cancer and had surgery to their lymph nodes.

Written by an Australian lymphoedema-trained physiotherapist, the app claims to be based on current international best practice guidelines.

Most of the information is similar to Breast Cancer Care's Reducing the risk of lymphoedema factsheet. There's an introduction about what lymphoedema is and its possible causes.

**Review by Marretje Miller
Breast Care Nurse**

To read a longer version of this review, visit www.vita.org.uk

Blogger spotlight



EveryDay after Chemo: Hair Growing Back

Hairdresser Annmarie Bowen (@AnnamarieB89 on Twitter) took a photo of herself every day after her chemotherapy had finished and made the photos into a short film to show her hair growing back.

Watch it here
<http://bcc.cx/YWsWXN>



Breast Cancer Care's booklets on all aspects of breast cancer and its treatment are available free from www.breastcancercare.org.uk or by calling the Helpline on 0808 800 6000.

Breast reconstruction

DISCUSSED

Two readers share their personal reasons for deciding whether or not to have breast reconstruction following their mastectomies.

YES Sue Cameron

I consider myself very level-headed: I think things happen for a reason and I just plough through them, an attitude I held throughout my breast cancer treatment and operations. No specialists discussed reconstruction with me other than to say skin was left which would allow a reconstruction if I'd wanted one. I thought I'd be OK without it.

When I'd recovered after the mastectomy, my husband took me clothes shopping – very brave of him! I excitedly headed for the changing room, tried on a summer strappy top and suddenly felt I'd been hit by a tonne of bricks.

When I looked in the mirror I saw there was a huge bra strap, no cleavage and no sign of my remaining breast because of the mastectomy bra. I didn't try on anything else and left in tears. I realised I wanted reconstruction – something I'd thought with all my heart I wouldn't need.

A year later I was on the reconstruction waiting list – I'd be having the 'Rolls-Royce' of plastic surgery where they'd use my tummy to build a new breast. There were a few hiccups but I was blown away by the finished product. When summer came I was the happiest I'd been regarding my body image as I wore a strapless maxi dress out to meet friends.

I admire women who are fine without having reconstruction and I thought I'd be one of them. It took a while to get my head round it but reconstruction was the best option for me.

'I admire women who are fine without having reconstruction and I thought I'd be one of them.' Sue



NO Catherine Quinlan

When I learnt I was to have a mastectomy I wasn't too panic-stricken – I'd already had a lumpectomy nearly five years earlier. I had this romantic idea that the new breast would replace the old one and corrective surgery would fix my healthy breast, worn after breastfeeding (as the other never produced milk).

My breast care nurse showed me pictures of reconstructions and, unlike some women, I didn't like what I saw. I wanted a breast or no breast at all, not an imitation. An implant was out of the question as I'd had radiotherapy, so a back muscle flap reconstruction was to be the order of the day. I declined, instead opting for a breast prosthesis – a big, spongy, sweaty beast that sat in my bra pretending to be something it most definitely wasn't. I hated it. I hated me.

I struggled on for a couple of years, avoiding mirrors, changing rooms and my husband. Finally the lack of symmetry drove me to get the remaining breast removed. This was the best decision I ever made. I now teach fitness classes without worrying about jiggly breasts or inadequate sports bras. My clients know my story and some even admire me. I wear moulded, small-cup bras under my clothes, which work really well.

I still hate holidays when I'm green with boob envy, the difficulty of clothes shopping and not feeling sexy. Life without boobs is tough, but who said life would be easy?

expert view

NICE guidance recommends that breast reconstruction should be discussed with and offered to all patients who are advised to have a mastectomy, as long as they are well enough and don't have other existing medical conditions that may increase the risk of problems and complications after surgery. A range of techniques can be used to reconstruct the breast, and the right one for each individual will depend on preferences, expectations

and personal circumstances. However, some women will prefer not to have an immediate reconstruction, but will consider having this at a later date. Others will decide not to have reconstruction and prefer instead to wear an external breast prosthesis after a mastectomy. Everyone is different, and what matters is that you are given the information and support you need to make your own decision about what is best for you.

Ask a breast cancer expert

Breast Cancer Care's experts answer questions on breast cancer and its treatment.

Q I was told I'd need to take tamoxifen for five years. But I've recently read in the press that it's better to have tamoxifen for longer. Is this right?

A Tamoxifen is a type of hormone therapy that is often given after surgery and other treatments such as radiotherapy and chemotherapy in order to reduce the risk of breast cancer coming back (recurrence). For women with oestrogen receptor positive primary breast cancer,

guidelines recommend that it's given for five years. But recent results from the ATLAS trial (Adjuvant Tamoxifen Longer Against Shorter) showed that women who took tamoxifen for 10 years had a reduced risk of recurrence compared with women who took it for the standard five years.

Tamoxifen continues to offer a protective effect even after you stop taking it and we know that women who take it for five years continue to see a benefit from having taken it for around 10 years. This same protective effect was seen in the ATLAS trial in women taking tamoxifen for 10 years. In fact, the

benefit of taking the drug for longer was seen most strongly after 10 years.

The trial also showed that taking tamoxifen for 10 years caused a small additional increase in the risk of endometrial cancer (cancer of the lining of the womb), although this would be outweighed by the reduction in risk of breast cancer.

If these results are confirmed by other research, practice might change in the future, and tamoxifen may be offered for 10 years rather than five. If you have questions about your own situation, you may want to talk to your specialist about what's best for you.

Q I've recently had a breast reconstruction and I'm really pleased not to need my prosthesis anymore. It's fairly new and totally undamaged. Is there somewhere I can donate it?

A We often get asked about this and there are a few organisations and individuals that collect used prostheses for charitable causes, usually to send to women abroad.

The charity Hospices of Hope send prostheses to Romania. You can send prostheses to their offices in Kent or Scotland or drop them off at one of their hospice shops. For their head office address or to find your closest shop, visit their website www.hospicesofhope.co.uk For further help you can call their head office on 01959 525 110. Alternatively, call our Helpline and we can give you details.





Q I've been diagnosed with breast cancer and because my sister and I were both diagnosed at a young age I am being referred for genetic testing. What does it mean for the future if I am a gene carrier?

A This is a really big question and it's something that your genetic counsellor will talk through with you in great depth. If you are diagnosed as carrying a gene that is known to affect your risk of breast cancer (such as BRCA1, BRCA2 or TP53) then it means your cancer was probably caused by this genetic fault.

I'm not sure what surgery you have had (if any) but there are various options that would be open to you if it turns out that you are a gene carrier. Some women opt to have a bilateral (double) mastectomy as this reduces to the lowest possible level their risk of developing another breast cancer (or their original cancer coming back in the same place). Others choose to treat their breast cancer, perhaps having a wide local excision (lumpectomy) then their recommended treatment such as radiotherapy, chemotherapy, hormone therapy or trastuzumab (Herceptin). This is followed up with regular breast imaging (usually a mammogram) so that any future cancers are picked up as soon as possible.

There are variations throughout the country regarding the frequency of breast imaging for women who are gene carriers and have previously been

diagnosed with breast cancer. The National Institute of Health and Clinical Excellence (NICE) is currently drafting guidelines in this area, which should lead to greater consistency throughout the country.

BRCA carriers have an increased risk of developing ovarian cancer, so if this is relevant for you, you may also have a discussion with your specialist team about the possibility of removing your ovaries. This is obviously a very personal decision.

If you are a gene carrier then this is unfortunately something that can be passed on to any children you may have. Assuming your partner did not carry any known genes that raise the risk of breast cancer, any child would have 50% chance of inheriting a faulty gene. Again, because this is such a complex area the best thing to do is to talk it through with your genetic counsellor. You may also like to read our booklet **Breast cancer in families**. Breakthrough Breast Cancer also produces a booklet called *The best treatment: your guide to UK services for people with a family history of breast cancer*, which you can download from www.breakthrough.org.uk

Expert eye

Answering your practical and financial questions

I've heard people talk about nipple tattooing. What does it involve and where can I have it done?

Medical tattooing is a relatively new procedure in the field of breast reconstruction. The technique is a progression from the ancient art of tattooing and is the implantation of small amounts of iron oxide and titanium oxide pigments (ink) into the skin to create a permanent colour.

Although a perfect colour match is probably an unrealistic goal, a good match is as possible. A small pen-like device is used to insert hypo-allergenic pigments into the dermal (outer) layer of the skin to create a permanent colour. Unlike normal tattooing, medical tattooing does not penetrate the skin as deeply and the pigments and techniques are specific to the areas being worked on.

Nipple tattooing can help to recreate a new breast after reconstruction, and help restore self-esteem, confidence in appearance and sexuality. A natural appearing nipple/areola can be achieved. It should be offered as part of treatment to all women following breast reconstruction. The surgeon or breast care nurse may be able to do this procedure, usually as an outpatient, but if not a referral can be made to a qualified medical tattooist. The colour may fade over time and sometimes the procedure needs repeating for a better result.

Roberta Haji is a clinical nurse specialist at Spire Dunedin Hospital and was highly commended in Breast Cancer Care's Nursing Network Awards.



If you have a question about breast cancer or its treatment, you can call the Breast Cancer Care Helpline free on 0808 800 6000.

Living wills

Making decisions about the end of life is not something that people with primary breast cancer need to consider. However, some people with secondary breast cancer find creating a living will provides a way to take some control of their situation.

If you have secondary breast cancer, thinking about the future may be very difficult. As a number of people live for several years after being diagnosed with secondary breast cancer, it may seem that the easiest thing is to wait rather than make immediate decisions.

However, it's normal to talk with your doctor and nurses about the treatments you do or don't wish to have, and some people find it reassuring to write down their choices in advance. This is so that if they become unable to discuss things or make decisions later on, the doctors will still know their wishes. These types of documents are known as living wills. There are two types – advance statements and advance decisions.

Advance statements

An advance statement covers views and wishes. It can show what type of care you would prefer, although it need not be restricted to medical topics. It could also cover things like food preferences or religious beliefs. Although it isn't legally binding, the doctors and nurses caring for you should take it into account. Writing down your preferences and wishes can help you to remain in control and be very useful to those caring for you.

Advance decisions

An advance decision to refuse treatment is a statement to decline treatment if your condition worsens in specific ways. For example, you may choose that if

your heart stops at some point in the future, you don't want people to try to restart it (resuscitate you).

Making decisions

Whether or not advance decisions are legally binding depends on where you are in the UK, but even if they are not, they should still be considered by the medical team and others making decisions on your behalf.

You can ask your medical team about how to make a living will. Remember

that this can be rewritten at any time if you change your mind. Family and friends may see things differently to you and, if possible, it's good to have an open and honest discussion with those closest to you so they understand your wishes in advance. Although creating a living will may seem a daunting thing to do, you may find that creating one makes it easier to think about the future as you can be secure that your wishes will be taken into account.



Breast Cancer Care's Secondary breast cancer resource pack has been revised and contains information on all aspects of secondary breast cancer including living wills. Order a copy from www.breastcancercare.org.uk/publications or the Helpline on 0808 800 6000.

Salad days

Spring into this season with some delicious salad recipes

Super-food salad Serves 4

1 bag (approx 145g) watercress, spinach and rocket leaves
2tbsp olive oil
450g sweet potatoes, peeled and diced
450g turkey fillets, sliced
2 orange peppers, deseeded and sliced
1 clove garlic, crushed
2.5cm piece root ginger, grated
zest and juice 1 orange
2tbsp soy sauce
1tbsp honey
salt and freshly ground black pepper to season

1 Preheat the oven to 220°C/
Fan 200°C/Gas Mark 7.
Place the oil, potatoes,
turkey and peppers in a large

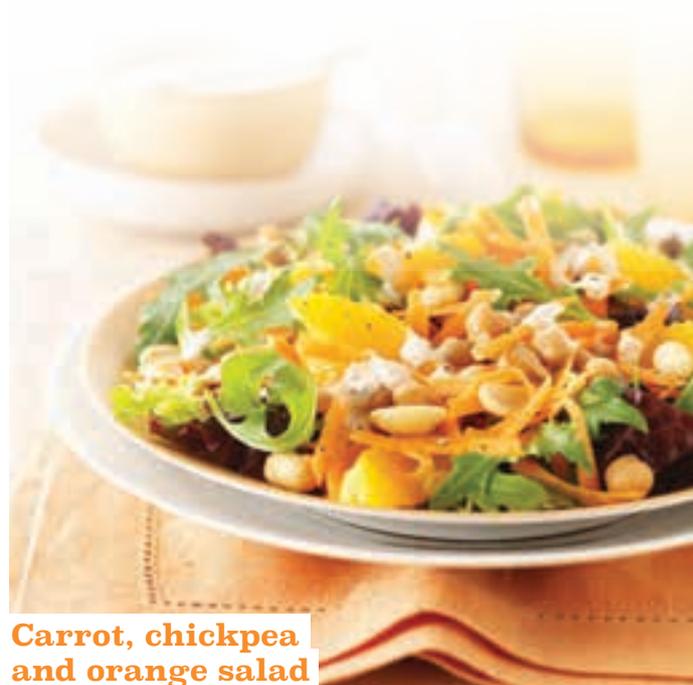
roasting tin and toss together. Roast for 20 mins.
2 Add the garlic and ginger to the turkey and vegetables and roast for a further 15 mins or until the turkey is golden and the potatoes are tender.

3 Add the orange zest and juice, soy and honey and mix well. Cool slightly. Season to taste.

4 Empty the salad leaves into a large bowl, add the turkey mixture and lightly toss to mix. Serve straight away.

Nutritional info (per serving)

Calories: 312Kcals
Protein: 30.5g
Carbohydrate: 33.6g
Fat: 7.1g
Saturated fat: 1.2g
Fibre: 4.4g
Salt: 1.63g



Carrot, chickpea and orange salad Serves 4

2 medium oranges
2 carrots, peeled
25g natural, roasted (unsalted) peanuts
1 bag (approx 130g) rocket salad mix
3tbsp reduced-fat houmous

1 Use a knife to remove the skin and pith from the oranges. Then slice between the membrane of the oranges to release the segments. Squeeze the remaining juice from the membrane into a bowl.

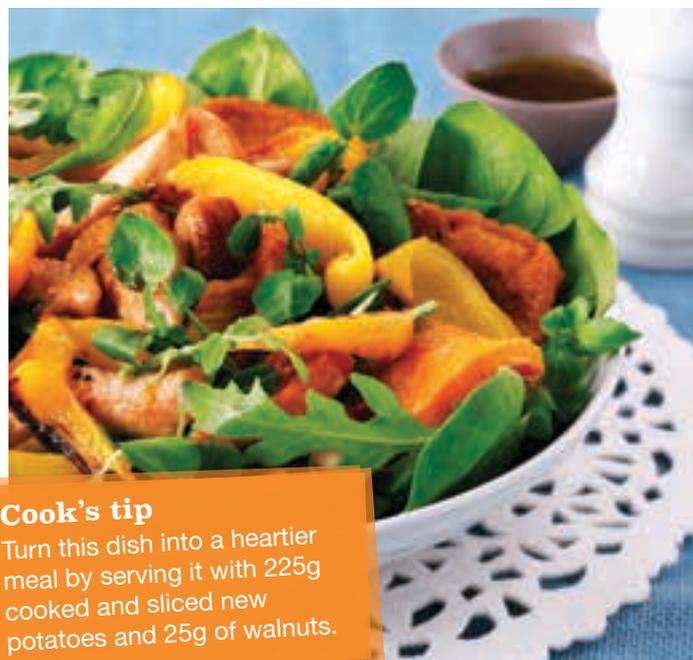
2 Add the houmous to the bowl and whisk together with seasoning to taste to make

a dressing with drizzling consistency.

3 Place the orange segments in a serving bowl. Coarsely grate the carrots and add to the bowl with the peanuts and leaves. Drizzle over the dressing and toss well to mix. Serve immediately.

Nutritional info (per serving)

Calories: 112Kcals
Protein: 4g
Carbohydrate: 13g
Fat: 5g
Saturated fat: 1g
Fibre: 3.5g
Sugars: 11g
Salt: 0.2g



Cook's tip

Turn this dish into a heartier meal by serving it with 225g cooked and sliced new potatoes and 25g of walnuts.

Recipes courtesy of
www.makemoreofsalad.com

News from our Corporate partners

The latest products from our corporate supporters helping to raise money for Breast Cancer Care



Asda has raised over £30 million for Tickled Pink! Now in its 17th year this partnership has made a massive contribution towards Breast Cancer Care providing services across the UK. Asda's recently shown its support again for Mothers' Day and it doesn't stop there! Check out your local Asda store for more ways to support the campaign during 2013.



Interflora will be supporting Breast Cancer Care again in 2013. To help raise even more money, Interflora will donate 15% from each floral creation purchased throughout the year from <http://flowers.breastcancercare.org.uk> to Breast Cancer Care. So make sure you visit the website and buy a beautiful bouquet!



Genie Bra is supporting Breast Cancer Care in 2013 through sales of their Pink bra. The bra has no wires, hooks or adjustable straps, is made from ultra-soft fabric with wide straps and underband offering complete support. The seamless cup design moulds to your shape and won't be seen through clothing. Available in UK sizes 12-18. Breast Cancer Care receives £1 from each sale (RRP £11.99). Available online at www.highstreettv.com and other selected retailers.



Smint introduces its new strawberry flavour Smint, RRP £1.15, with 5p from every pack sold being donated to Breast Cancer Care, available nationwide.



Renouve is raising money for Breast Cancer Care until 15 April and offering Vita readers a 20% discount on the £22 RRP. Renouve is a luxury anti-ageing hand sanitising lotion. Available online at www.renouve.com, quote BCC20 at the checkout to pay just £17.60, and Renouve will donate an additional £4.40.



Tresor Paris Treat yourself or a loved one to a beautiful Tresor Paris bracelet, priced £39 with 25% of sales going to Breast Cancer Care. Available online at www.tresorparis.com

PEDAL POWER

Brothers David and Jon Schofield are taking on the London to Paris Cycle Ride to raise money for Breast Cancer Care after both their wives had breast cancer. They tell us about their preparation.

Why are you doing the London to Paris Cycle Ride?

We are both keen on many different types of sport but with all the publicity following the Tour de France and more recently the Olympics, cycle endurance was the thing that stood out. We're not getting any younger, so both the distance and lack of experience are also a challenge. When we are asking people to sponsor us it's never going to be a forgone conclusion that we'll complete it, so this helps people dig that bit deeper.

How is training going?

I am 'trying' to be a keen cyclist, although I have only been cycling on and off for 18 months and Jon, who is relatively fit from other sport, has started to train since the new year – weather permitting. But we'll both be in the saddle weekly from now on to get some miles under our belts.

Why did you choose to raise money for Breast Cancer Care?

Reaching the age of 50 in June and wanting to do something memorable to mark the occasion while giving something back. Both our wives had and recovered successfully from breast cancer. We chose Breast Cancer Care as it offers an exceptional service to those

affected by the disease with a very informative website. While we can offer support, sympathise, console and encourage our partners through the diagnosis and treatments, Breast Cancer Care offers the opportunity to talk with experienced people who offer help and support, and certainly our wives found these conversations invaluable.

Are you looking forward to it?

It's great to be doing it as a team as we don't see each other as often as we should. Hopefully during the four days we can encourage each other as well as other fundraisers to keep pedalling and turning those wheels until we reach Paris. www.justgiving.com/brothers-schofield



Calendar of events

May

- 11 Pink Ribbonwalk, Blenheim Palace, Oxfordshire
- 12 Glasgow Women's 10k
- 12 Ribbonride, Blenheim Palace
- 12 Sheffield Half Marathon and Great Fun Run
- 15–19 London to Paris Cycle Ride
- 18 Pink Ribbonwalk, Scone Palace, Perthshire
- 25 and 26 Edinburgh Marathon Festival
- 26 Bupa Great Manchester Run
- 27 Bupa London 10,000

June

- 1 Pink Ribbonwalk, Petworth House, West Sussex
- 8 Pink Ribbonwalk, Leeds Castle, Kent – New venue
- 8–9 Nightrider, London
- 12–16 London to Paris Cycle Ride
- 15 Pink Ribbonwalk, Marble Hill Park, Twickenham, London
- 15–24 Women v Cancer Cycle, Kenya
- 26–30 Trek Iceland

July

- 3–14 Trek Mount Kilimanjaro
- 7 WomenOnly Swim, Windsor
- 12–13 Moonriders London to Brighton Cycle Ride
- 14 Shock Absorber WomenOnly Triathlon, Windsor
- 26 Jul–4 Aug Trek Peru
- 31 Jul–4 Aug London to Paris Cycle Ride

August

- 2–4 Hadrian's Wall Trek
- 4 RideLondon–Surrey 100

September

- TBC Renaissance Photography Prize
- 4–8 London to Paris Cycle Ride
- 14 and 15 Ben Nevis Challenge
- 14 and 15 Silverstone 24-hour Cycle
- 15 Bupa Great North Run, Newcastle
- 26 Breast Cancer Care Show, Glasgow
- 29 Berlin Marathon
- 29 Baxters Loch Ness Marathon

If you want to take on a challenge for Breast Cancer Care, visit www.breastcancercare.org.uk/events

Time for tea

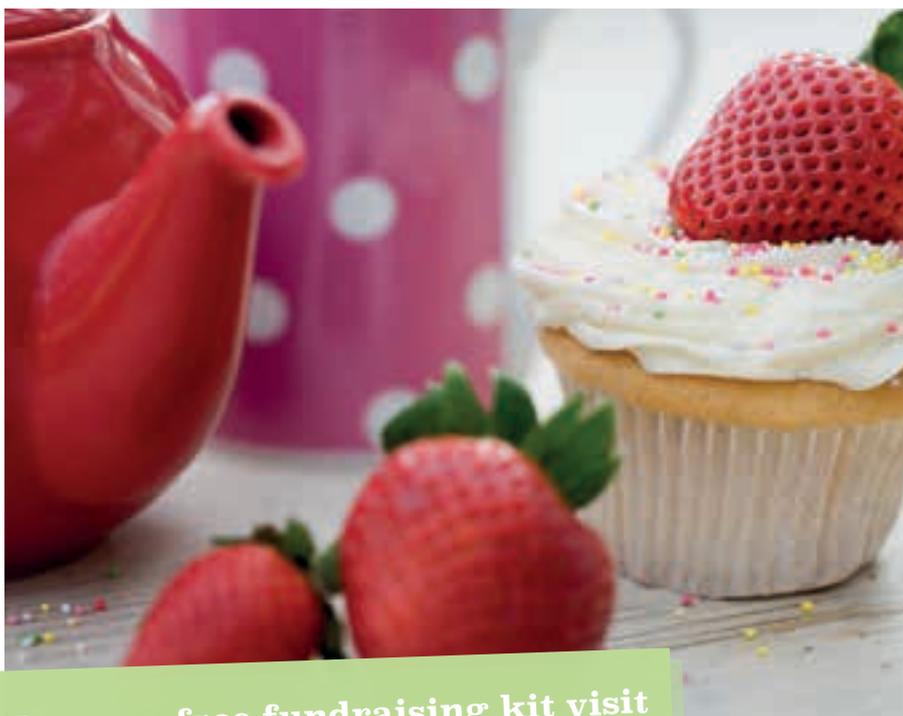


Put the kettle on, get some friends together and raise money for Breast Cancer Care this summer with a Strawberry Tea.

A Strawberry Tea is the perfect excuse to catch up with old friends and tuck into delicious treats while raising money for a great cause. All you need to do is get together with friends, family or colleagues, buy or bake some cakes, add some strawberries, put the kettle on and away you go! It doesn't matter if you raise £20 or £200 because every penny will help us continue to support anyone affected by breast cancer.

If you're pushed for time or baking isn't your thing, don't worry – just pop to the shop or your local bakery. Who doesn't love simple strawberries and cream, or a classic Victoria sponge?

If you're a Mary Berry in the making, then a Strawberry Tea can be the perfect excuse to show off your specialty or try out that cake recipe you've had your eye on. Check out our website for loads of tasty recipes.



For your free fundraising kit visit www.breastcancercare.org.uk/strawberry or call 0870 164 9422.

Carolyn from Widnes held a Strawberry Tea at home and raised £500

'I was diagnosed with breast cancer last April and found out about hosting a Strawberry Tea on Breast Cancer Care's website. I thought it would be a lovely idea to raise money for a cause close to my heart. I invited family and friends round and we had a lovely afternoon together and even had a surprise visit from the Mayor and Mayoress of Halton. I sold raffle tickets and played games to raise money. I look forward to continuing to raise money for this worthy cause.'



Kay from Wraysbury made her own cupcakes and raised £210

'Due to experiencing family and friends being diagnosed with breast cancer, I decided together with my daughter to hold our Strawberry Tea for my 52nd birthday. We baked and sold our cupcakes as well as pin badges at various places. We've had a brilliant time, meeting wonderful people and were so overjoyed at the response. The gasps and wows at the sight of the cupcakes had us laughing with delight throughout the day. I couldn't have thought of a better way to celebrate and spend my birthday.'



Free services for people affected by breast cancer

Information Sessions and Courses

Sessions and short courses on a range of topics.

Barnsley, Moving Forward course, 12–26 April and 14–28 June

Birmingham, Moving Forward course, 3–24 June

Bournemouth, Moving Forward course 3–24 June

Edinburgh, Moving Forward course, 8–29 May

Glasgow, Physical activity, 15 May; Moving Forward course, 6–28 June

Huddersfield, Moving Forward course, 8–29 May and 3–24 July

Livingston, Moving Forward course, 6–28 June

London, Moving Forward course, 12 April–3 May and 14 May–4 June; Relaxation and stress management, 16 May

Middlesbrough, Breast reconstruction, 18 April

Newport, Gwent, Passport to breast cancer rehabilitation, 9–30 April

Rhyl, Moving Forward course, 13 June–4 July

Salford, Breast reconstruction, 9 May; Moving Forward course, 4–25 June

Southampton, Moving Forward course, 8–29 April

Lingerie Evenings

Join other women who have had breast cancer to gain more confidence when choosing a bra after surgery.

Cardiff, 16 May

Edinburgh, 9 May

Glasgow, 24 April

Hamilton, 30 May

London, 18 April and 6 June

HeadStrong

Book a private, practical session to help you prepare for the possibility of losing your hair due to cancer treatment.

Airdrie • Bangor • Birmingham • Blantyre • Bournemouth • Bradford • Cardiff • Chester • Chesterfield • Clatterbridge • Doncaster • East Kilbride • Edinburgh • Glasgow • Halifax • Huddersfield • Kilmarnock • Leicester • Liverpool • Livingston • London • Middlesbrough • Newcastle • Peterborough • Preston • Rhyl • Southend • Salford • Stockport • Welwyn Garden City • Wishaw • Wolverhampton • Wrexham

Living with Secondary Breast Cancer

A chance for people with a secondary diagnosis to talk openly and increase their knowledge.

Birmingham, first Monday of each month

Bristol, second Wednesday of each month

Cardiff, third Thursday of each month

Edinburgh, first Monday of each month

Glasgow, every three weeks on a Wednesday

Leeds, last Thursday of each month

Liverpool, fourth Tuesday of each month

London, fourth Thursday of each month

Manchester, third Wednesday of each month

Motherwell, fourth Wednesday of each month

Sheffield, first Thursday of each month

Talk to someone who's been there



Our One-to-One Support service can put you in touch with a trained volunteer who's ready to share their experiences and understanding. You can also talk with others online through our Discussion Forum and Live Chat sessions.

Your

QUESTIONS answered

Best Foot Forward

Our new local walking groups for people of all fitness levels who are moving forward from breast cancer.

Coming up in Calderdale, Barnsley and Manchester – contact us for details.

Younger Women's Forums

Events for women aged up to 45 with breast cancer.

Birmingham, 17 and 18 May

Leeds, 28 and 29 June

Contact details of centres are on the back cover of this magazine.

Questions about breast cancer or breast health?

Call Breast Cancer Care's free, confidential Helpline on 0808 800 6000 (Text Relay 18001) or ask your question by email via the Ask the Nurse service at www.breastcancercare.org.uk You can also order free information resources and get instant access to information through our website.



Silima® FOR YOU!

A new identity for our fabulous 2013 catalogue, bringing you a unique collection of silicone breast forms and a wide range of stylish and supportive lingerie. New for this year's edition is Amelie, the spectacular result of our French design heritage. Look no further for fashion and femininity! Call 01295 220524 or visit www.conturabelle.co.uk

Anita Care offers the most comprehensive range worldwide of silicone breast forms, lingerie and swimwear designed specifically for women who have undergone breast surgery. With 125 years of expertise, Anita Care offers practical, comfortable and stylish solutions to post-surgical women. For all enquiries please call 020 8446 7478 or visit www.anita.com

About The Girl Fabulous, stylish pocketed bikinis, tankinis and swimsuits, and gorgeous post surgery lingerie. Receive a complimentary swim beanie with all pocketed swimwear purchases. Excellent personal customer services, advice and care, easy returns policy and quick despatch. Find our blog on style after surgery, visit www.aboutthegirl.co.uk or call 01444 417 791.

Amoena Latest breast forms, beautiful lingerie, fashionable swimwear, available by mail order or online at www.amoena.co.uk Also, don't miss our free lifestyle magazine featuring in-depth articles, health reports, fashion, real-life stories and readers' letters. For details on our free fitting service, magazine or catalogue, call 0845 072 4023 or visit www.amoena.co.uk

Betty and Belle Winner of 'Best lingerie shop in the UK' award. Exquisite lingerie and specialist bra fitting shop with an extensive range of bras and swimwear to suit mastectomy, lumpectomy and reconstructions. Bra alteration and pocketing service. Visit www.bettyandbelle.co.uk or call in at 35 Oxford Rd, Cheshire WA14 2ED; 0161 929 1472.

The Bra Clinic Support after Surgery. Mastectomy bra specialist Susan Cooper provides an essential specialist service for women when recovering from breast cancer surgery and treatment. For online shopping, clinics and information, visit www.thebraclinic.co.uk or call Susan on 07918 656 628 (m).

Chic Compressions Medically designed compression arm sleeves and matching gauntlets for lymphoedema. Seamless, superior wicking abilities, 360 degree stretch which gives a 'second skin' feel, available in two compression classes. Match your tone, along with plain, patterned and bejewelled designs. Available online at www.chic-compressions.com Please visit the site for more details and fitting instructions, telephone 01992 611 873.

Cool and Beautiful Nightwear Cool, ultra feminine, 100% cotton, mastectomy nightdresses. They are discreetly pocketed to hold a soft prosthesis and with plenty of fabric in the skirt to allow for extra comfort. Designed as a result of personal experience and made in the UK. Pretty mint colour is a new addition to the range. Available from www.coolandbeautiful.com or telephone 01568 750 011 for more information.

Harwayes Lingerie is a specialist supplier of post surgery and mastectomy lingerie plus swimwear. Brands include Royce, Amoena, Jamu and Anita. Following a recent change of ownership a fitting service is now available with our experienced staff at our sister shop: Saffron Lingerie, Mill St, Stafford. Call 01889 502 643

or visit www.harwayeslingerie.com to discuss your requirements or request a catalogue.

J Ashcroft Hats, headscarves, turbans, beanies. British made. Non-wired and cotton support bras. Free first-class post in mainland UK. J Ashcroft is a trading name of 4myhead.com Limited, approved by Trading Standards. Home visits in Bucks, Berks, Middlesex. For information ring Jo Ashcroft on 07505 028 099 or visit www.jashcroft.co.uk

Nicola Jane New 2013 collection of mastectomy fashion now launched! Beautiful, feminine lingerie and stunning swimwear all fitted with pockets to hold your prosthesis discreetly and securely. Award-winning customer service and over 29 years' expertise. Guaranteed free 'no quibble' returns. AA-J cup fitting. Call 0845 265 7595 or visit www.nicolajane.com for a free catalogue and information about our shops.

Royce Lingerie Royce Lingerie's great selection of 'Caress' bras is designed to give you extra support, comfort and care after breast surgery, just when you need it most. All our Caress bras have bilateral pockets to hold your prosthesis. For more information and to find your nearest stockist please call 01295 265 557 or visit www.royce-lingerie.co.uk

Suburban Turban offers stylish, fashionable headwear and accessories for women experiencing hair loss. The collection offers styles for all occasions – from beautifully simple, super-soft jersey hats to chic berets and sparkling cocktail hats. We also offer a range of natural skincare products, chosen for their gentle, soothing benefits. To shop the range go to www.suburbanturban.co.uk Telephone 0845 003 2800

Trulife provides a wide selection of bras, accessories and natural breast forms restoring comfort and confidence after breast surgery. The revolutionary Impressions range includes the lightest prostheses available, giving a flawless look and suiting every lifestyle. For more information call 0800 716 770 for a catalogue or visit www.trulife.com

Womanzone ABC Distributer

NHS-approved specialists in caring for women after breast surgery. Working with healthcare professionals and Breast Cancer Care. We offer a wide range of lingerie, made-to-measure swimwear, pocketing service and free fitting service. Call for a copy of our 2013 brochure. Warrington: 01925 768 992
Leeds: 0113 258 9505
www.woman-zone.co.uk



Walk 10 or 20 miles through beautiful countryside this summer at one of our stunning venues

- Blenheim Palace, Oxfordshire** 11 May 2013
- Scone Palace, Perthshire** 18 May 2013
- Petworth House, West Sussex** 1 June 2013
- Leeds Castle, Kent** 8 June 2013
- Marble Hill Park, Twickenham, London** 15 June 2013

To advertise here please email us at
vita@breastcancercare.org.uk

Quote code: VITA2

Register now at www.pinkribbonwalk.org.uk

Registered charity in England and Wales 1017658. Registered charity in Scotland SC038104. Company registered in England 2447182. Company limited by guarantee. Pink Ribbonwalk is a registered trademark of Breast Cancer Care.

Walk to support people with breast cancer

Put your best foot forward



Would you like to get more active after treatment?

We're starting a new service to help people ease their way into being more active and share support with others who have had breast cancer. Best Foot Forward is a programme of regular low impact walks for people who want to start doing some gentle exercise after treatment. Our first groups are in Calderdale (West Yorkshire) and Manchester. If you live in either area, get in touch for details of your nearest walk.

Can you spare around two hours a week as a volunteer walk leader?

We need volunteers to help with planning, promoting and leading these walks. If you live in the Manchester or Calderdale area, please contact us for details of how you can help.



Email us at nrc@breastcancercare.org.uk, call 0845 077 1893 or visit www.breastcancercare.org.uk/bestfootforward

Free Helpline 0808 800 6000 Text Relay 18001

Calls may be monitored for training purposes. Confidentiality is maintained between callers and Breast Cancer Care.

Scotland and Northern Ireland

0845 077 1892
sco@breastcancercare.org.uk

Wales, South West and Central England

0845 077 1894
cym@breastcancercare.org.uk

East Midlands and the North of England

0845 077 1893
nrc@breastcancercare.org.uk

London and the South East of England

0845 077 1895
src@breastcancercare.org.uk



Vita

the breast cancer magazine

To receive future issues of Vita call us, email or cut off this slip, fill in your details and return it in an envelope to our freepost address: Breast Cancer Care, RRKZ-ARZY-YCKG, 5-13 Great Suffolk Street, London SE1 0NS.

Name _____

Address _____

Postcode _____

If you have already sent us this form, you will continue to receive Vita four times per year. Breast Cancer Care volunteers will be sent Vita automatically. We will not pass your details on to any third parties. If you are a member of a support group or a healthcare professional and would like multiple copies, please call 0845 092 0808.